

## Sortie scoreboard

as of Tuesday

	Goal	Flown	+/-
35th Fighter Wing	592	530	+28

The scoreboard tracks the number of sorties the wing's F-16s are scheduled to fly in a given month. The figure may vary from week to week due to unexpected changes in the flying schedule.

source: 35th Operations Support Squadron's scheduling office

## Inside

Thousands of Misawans are expected to pack into Edgren High School to sample the culture of their off-base neighbors during the 13th annual Japan Day celebration. See Page 4.

## Misawa DUI hitboard

Total driving under the influence incidents at Misawa Air Base this year

7

Number of days since the last DUI at Misawa Air Base:

10

Last Misawa unit with a DUI: 35th Medical Group

source: 35th FW safety

# Northern Light

Vol. 25, No. 13

Serving the Misawa Air Base, Japan, community since 1948

March 31, 2000

## Chief of staff: AEF program still maturing

by Staff Sgt. Brian Orban  
Northern Light editor

The Air Force's Expeditionary Aerospace Force continues to improve as it matures into the service's way of doing business in the future, according to the Air Force's chief of staff.

During his visit to Misawa last week, Gen. Michael Ryan said the Air Force has not seen any major glitches in the plan since the first Aerospace Expeditionary Force teams deployed in October 1999 as part of a scheduled 15-month cycle.

More than 270 pilots, maintenance troops and support people as well as eight F-16CJ jets from the 13th Fighter Squadron left Misawa in late February to fulfill the Air Force's deployment requirements as part of AEF 5. The 13th and its team of combat support members and equipment joined other fighter, bomber, transport and support units to patrol the "no-fly" zone over southern Iraq as part of Operation Southern Watch. Another team from the 14th Fighter Squadron is currently scheduled to leave the base this summer as part of AEF 7.

Teamwork is the key behind the success of EAF, Ryan said. Under the plan, the Air Force sends a complete team to support contingency operations versus pulling individuals from various bases under the former Palace Tenure program.

Although the Air Force is still fine tuning the AEF deployment plan, "every AEF should get better," the general said. "Every time we do our roll over of AEFs, we should be able to prepare our people better and make sure the next AEF is a better quality both in terms of how we treat our people during the AEFs and the kind of capability they bring."

According to Ryan, AEF offers more predictability and some stability in the lives of Air Force service members. However, the service does give up something each time it deploys as a group - it loses the "corporate memory" the service retains by deploying people in stages versus all at once.

"You lose the continuity that you normally have with people not rolling over all at once, but we gain so much more in terms of the team effort that goes into deploying as a group," Ryan said.

Turning to other issues, Ryan highlighted the service's priorities for its people in the coming years. Having reformed the military's retire-

Ryan continued on Page 6



photo by Airman 1st Class Anne McCormick

Speed was a factor in this one-car accident March 22 near Shimoda Mall. The accident seriously injured the driver -- an airman from the base -- while the passenger received minor injuries.

## Officials warn: Slow down

by Staff Sgt. Brian Orban  
Northern Light editor

Officials with the 35th Security Forces Squadron and 35th Fighter Wing Safety Office are warning people to slow down and follow posted speed limits on and off base following an increase of vehicle accidents involving base people.

Since the start of fiscal 2000, base drivers were involved in 15 major vehicle accidents -- three more than were reported in fiscal 1999 -- as well as 105 minor collisions, according to Senior Airman Kari Rattler from the 35th SFS' reports and analysis office.

Nearly all of the major accidents happened off base, according to Rattler. Police investigators added that excessive speed was a factor in many of these incidents.

The dangers of driving off base increase considerably when drivers exceed the posted speed limits, according to Staff Sgt. Adan Martinez, wing ground safety spokesman.

"The speed limits off base are considerably slower than in the United States because the roads are smaller and congested with bicyclists and pedestrians," Martinez added. "When driving in Japan, you'll also encounter more curves, hills and blind corners, and many roads here don't have curves to pull on to if you have car trouble."

Bad weather also makes driving tough, especially during the winter and early spring, according to Martinez.

"The winter weather traditionally lasts until sometime in April, so we can still expect snow showers and possibly black ice at night," he added.

"Even when the rain begins to fall, you can always expect the roads to become slick and slippery because the rain will bring out the oil that's been sitting on the asphalt road surface."

According to Japanese law, people who choose to speed off base could face hefty fines by the Japanese National Police.

"The penalties vary according to how fast the individual was going and the severity of the accident [if applicable]," Rattler said. "Speeding ticket fines range from 10,000 yen on up. If an individual was found at fault for the cause of an accident, they could also be forced to pay compensation to the Japanese victim's family."

Meanwhile, people at Misawa caught speeding or causing an accident also face additional penalties, including loss of on- and off-base driving privileges.



## Let us help too

Many of the teens on base feel they are looked down upon by some of the adults here. How can we, as teens, be a more active part of the Misawa community?

Not true! Nobody should have this type of attitude toward our outstanding teens. These young adults do tremendous things every day, and we need to thank them for these accomplishments.

The base community always needs the talents of our teens. A good way to get started is to take advantage of the many volunteer programs we have available across the base. Another way to get involved is to participate in the many other opportunities we have out there for you to enjoy. We also welcome your constructive feedback on how to make these programs even better. We need to know what's working out there and how to improve the things that are not.

## Those dog-gone dogs!

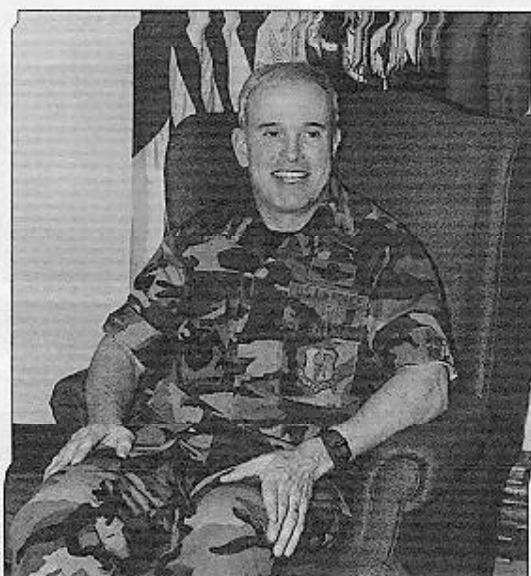
I would like to complain about folks on base who let their dogs relieve themselves along the wall in the north housing area. I called the housing office and was told they could do nothing unless they personally witness the infraction. This has done nothing to clean my son's and daughter's shoes as well as my car-pet. Help!

You're exactly right! You and your family should be able to travel freely without the fear

of stepping in pet messes. Our community standards are very clear when it comes to individuals walking their pets in public areas. Pets must be on a leash, and owners walking their animals must have a device on hand to pick up any droppings their pet leaves.

I urge you to call the 35th Civil Engineer Squadron's Housing Office if you see someone violate these standards. We also plan on running another article in the *Northern Light* addressing this issue, and we will make specific note of the wall in the north housing area.

## Commander's Action Line (226-3700) Please Use It



The Action Line provides "direct communication" between you and me. This valuable open channel has but one purpose -- to make our community better. Your input of ideas, concerns, highlighting problems and suggested solutions are the lifeblood to building a stronger foundation where our families thrive and our mission succeeds. There are many dedicated professionals at Misawa -- officer, non-commissioned officer and civilian -- who are experts in their respective fields. Please offer them the opportunity to answer your question in concert with your unit chain of command. They share the same vision for Misawa as I do. However, those concerns that do come to the Action Line have my personal attention.

*Stephen G. Wood*

Brig. Gen. Stephen G. Wood  
Misawa Air Base installation commander

### Who to call

Base exchange manager .....	222-7410	Hospital .....	226-3506
Commissary manager .....	226-3823	Law enforcement desk .....	226-4358
Family Support Center .....	226-4735	35th Security Forces Squadron .....	226-3397
American Forces Network .....	226-3219	35th Services Squadron .....	226-3008
AFN pager .....	172-236	Housing manager .....	226-2394
Fraud, waste and abuse hotline .....	226-4444	Chaplain .....	226-4630

# Leadership is an art, not a science

by Col. David Geyer  
35th Medical Group commander

For years, experts have studied the concept of leadership in hopes of defining the highly-desired attributes that make up future prospective leaders. The goal was to evaluate and sort out these future leaders at an early stage.

Despite all this research, the fact is there's no checklist or a specific set of criteria that make someone a good or bad leader. Becoming a leader of peers is truly an art and not a science. The leadership model is as varied as the people who have become great leaders in the past and those will continue to do so in the future.

Leadership comes in all sizes and shapes. It's not a title, personality type, demeanor or IQ that makes a good leader. It's an attitude and a commitment to an ideal, a vision or an organization. Leaders are not necessarily exceptional people, but people who take exceptional pride in what they do, from generals and CEOs to the airman and a business' mail handlers. They take charge of their sphere of influence -- where the true impact is -- by teaching, influencing and motivating those around them.

Leadership drives an organization; it doesn't push or pull it. Leaders set the example with their words, actions and deeds while bringing out the best in people and encouraging individual strengths.

'It's not a title, personality type, demeanor or IQ that makes a good leader. It's an attitude and a commitment to an ideal, a vision or an organization. Leaders are not necessarily exceptional people, but people who take exceptional pride in what they do'



— Col. David Geyer

Leaders are an ultimate source of vision and inspiration with integrity and strength of character. They are great teachers and constant learners who are always listening and open to new ideas.

Although there isn't an all-encompassing recipe to become a good leader, there are attributes you can learn and use to enhance your leadership ability. In their book "Turned On," Roger Dow and Susan Cook highlighted the following attributes of what leaders should do and why their job is so difficult:

- A leader is someone who makes you want to work hard and makes you feel good because you did.

- When a bunch of people come together to do something, a leader is the one who finds out what everybody is good at and what they want to do. They take all that, then add some special something that makes the group do better than anyone could ever do by themselves.

- A leader is sometimes thought of as a mean, bossy person, but if they are doing it right, they should seem like a friend who wants to help you out.

- Sometimes you think you don't want to do something, but when a leader gets done with you, you are excited and can't wait to start.

- A good leader shouldn't be really nice when you are around, then be mean when you aren't around. They should be the same no matter what they do.

- Leaders should open their minds and listen to lots of new ideas -- especially from the people they lead. Let other people have a chance too.

- When you really help another person, you get a happy feeling that just takes you over. It makes you want to do even more helping.

- A leader is supposed to be the one who knows it all, but sometimes you feel like you don't know it all. You just have to be honest and tell people you need help. I

think they'll understand.

- When you mess up, just say you messed up. It's no big deal.

- You don't want to say, "Hey I think you're doing a bad job" or anything. You've got to encourage them and then show them how to do it better.

- I think you must be a little bit strict, a little bit strong, a little bit friendly, and a little bit encouraging. I think that's hard to be all at one time.

The above "experts in leadership" are elementary school children.

Once again, the wisdom of children gets right to the heart of the matter and reveals to us the reality of how simple our self-imposed difficult concepts are. The art comes in the application of these and other simple, basic principles on a day-to-day basis. No matter who you are or what you do, you can be an effective leader by applying these and other common values and ideals. You can inspire those in your particular sphere of influence and make a difference in your work and at home.

Set an example for others and build leaders around you. Commit yourself to continuous learning and revitalize yourself and your work. Open your mind to new and varied ideas with a spirit toward having fun.

Finally, don't be afraid to care for the people who work with you and for you.



# Meeting emphasizes proper teen conduct at Edgren High School

by Senior Airman  
Marcus McDonald  
35th Fighter Wing  
Public Affairs Office

Edgren High School officials held assemblies March 24 to discuss its zero-tolerance policy on sexual harassment with its eighth grade students.

The two assemblies, one for boys and one for girls, followed the recent suspension of several students involved in sexually harassing other students.

"Recently, eight eighth-grade boys were found to have been participating in behaviors that were considered to be termed sexual harassment," said Edgren Vice Principal Paula Miller.

"The behaviors which were most common included both verbal and nonverbal actions including improper comments, suggestive drawings and inappropriate touching," she added. "These students were suspended, their parents were contacted and the command was notified."

The assemblies focused on several topics, including the definition of sexual harassment and examples of different forms of this type of behavior.

During the meetings, officials also discussed ways to circumvent harassment, recourses people should use if they've been harassed as well as the consequences people face if they are found guilty of sexual harassment.

Students also took part in the assembly's open forum, in which panel members representing various base and school agencies helped answer questions on this issue.

"Panel members tried to help students understand the difference between 'flirting' and 'hurting,'" Miller said. "They covered the potential harm of sending mixed messages, addressed issues of dignity and self respect as well as the potential penalties of debarment."

Students like Alana Sitterly said the assembly demonstrated how much the school's staff and base community care about students at Edgren.

"It's nice that they are trying to help us out, but when it's over, [the question remains] are the students going to just walk out and do it again?" Sitterly added. "The whole [harassment] thing is stupid. The people who are doing it need to grow up and be more mature."



photos by Staff Sgt. Thomas Fischer

## Flirtin' with disaster

[Above] Shari Calder and her daughter, Allison, get shaken up in an earthquake simulator during the base's annual Red Cross Family Readiness and Disaster Awareness Day Saturday in Hangar 949. Preparing people for the unexpected was the main focus of the day's events.

[Right] Tech. Sgt. Andrew James from the base fire department highlights the features of one of the station's fire trucks to Brianna Western, the daughter of Airman April Western from the 35th Services Squadron. A variety of emergency and disaster response agencies showcased their equipment as part of the event.



# VP-9 crew credited with squadron's third save

by Lt. j.g. Todd Copeland  
Patrol Squadron 9

For the third time in three months, a combat aircrew from the Navy's Patrol Squadron 9 rescued fishermen lost at sea near the island of Guam earlier this month.

Since the patrol squadron arrived at Misawa in December as part of the Navy's standard six-month deployment here, the unit has helped rescue 13 people during search and rescue missions.

Flying out of the squadron's detachment at Kadena Air Base, Okinawa, the P-3 Orion's crew joined the Coast Guard to find a missing 19-foot fishing vessel reported lost about 250 miles south of Guam. The crew relied primarily on the aircraft's radar to spot objects in the ocean large enough to be the ship.

"I saw a [radar] contact that was too large to be a boat and figured it was a small island," said

Petty Officer 1st Class Rick Ribera, the aircraft's radar operator. The crew hoped the three missing fishermen made it safely to land.

"I was excited to see some people on the beach and thought we had found the boaters," said Navy Lt. Scott Gunderson, the crew's commander. "But when I counted four people, I knew they were not our guys."

However, the men on the island needed help. Later identified as turtle fishermen, the men wrote "S.O.S." in the sand using palm fronds then began to wave at the P-3. The crew did a couple laps over the island to verify what they were seeing then started work to help the stranded fishermen.

After several minutes, the crew made contact with the fishermen. The P-3 crew then called the Coast Guard to send a rescue team.

With this unexpected rescue out of the way, the crew continued their mission to find the missing fishing boat and its three-man crew, but

turned up after two days. On the third day, Ribera directed the crew to fly to a radar contact he felt was either a small rain cloud or the missing boat.

His instincts proved correct when McFerran spotted the boat. One of the fishermen waved his red shirt to get the crew's attention. The P-3 crew called the Coast Guard, who sent a C-130 Hercules cargo aircraft to the scene. Meanwhile, the Navy crew directed a local merchant ship toward the distressed boat. After two hours, the fishermen were rescued, treated for dehydration and taken back to Guam.

"I'm honored and proud that Patrol Squadron 9 has become such an effective search and rescue asset," said Cmdr. Earl Hampton, the squadron's commanding officer. "The crew's willingness and desire to keep flying missions until the fishermen were found says a great deal about their honor, courage and commitment -- ideals the Navy holds above all others."

## Northern Light

### Editorial staff

35th Fighter Wing commander ..... Brig. Gen. Steve Wood  
Public Affairs chief ..... Maj. Claudia Foss  
Noncommissioned officer in charge of Public Affairs ..... Master Sgt. Dan McCarthy  
Northern Light editor ..... Staff Sgt. Brian Orban  
Northern Light staff writer ..... Senior Airman Marcus McDonald  
Photography ..... 35th Communications Squadron visual information flight

Deadline for submission of articles to the Northern Light is noon Friday for publication the following Friday. Unless otherwise stated, all photos are U.S. Air Force photos. This funded Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the Northern Light are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, or the Department of the Air Force. The editorial content is edited, prepared and provided by the 35th Fighter Wing Public Affairs office of Misawa Air Base, Japan.

Got a story idea for the Northern Light? Call 226-3814 or e-mail [brian.orban@misawa.af.mil](mailto:brian.orban@misawa.af.mil)

## Smile, Misawa!

The Northern Light is published each Friday for people like Tech. Sgt. Charles Warren, 301st Intelligence Squadron. "His leadership abilities and knowledge of his job are beyond approach. A true warrior, he leads by example and inspires his subordinates to top performance," according to his supervisor, Master Sgt. Mike Stelmazewski.



Warren



## Briefly

## Concert tickets available

Tickets are still available for the base's Voices of Classic Rock concert scheduled for April 7 in Hangar 949. The concert, hosted by the 35th Services Squadron, features stars from top 40 bands Starship, Survivor, Loverboy, Toto and Orleans.

Tickets cost \$10 for adults and \$5 for people ages 8 to 18 and are available at the Mokuteki Community Center, Tohoku Enlisted Club, Mutsu Officers' Club and Outdoor Recreation. Concert doors open at 6 p.m. with showtime following at 8 p.m.

## WNBA stars visit

Women's National Basketball Association players Michele Timms and Jennifer Gillom hold workshops and demonstrate their basketball skills during their visit to Misawa April 10. They sign autographs from 11 a.m. to 12:30 p.m. in the Main Exchange mall followed by a basketball clinic from 3:30 to 5 p.m. at the Potter Fitness Center.

Timms and Gillom wrap up the day's events with an adult three-on-three contest as well as a teen two-ball event. Both events are open to people on base.

For more information, call Staff Sgt. A.J. Borders at 226-2584.

## Port clean up scheduled

As part of the base's involvement in local Earth Day and Japan Day environmental observance, base and local environmental agencies host the fourth annual Misawa City Port cleanup from 9:30 a.m. to noon April 8. Transportation is available.

For more information, call the 35th Civil Engineer Squadron's environmental office at 226-3556. To sign up for the event, call the Family Support Center at 226-4357.



Air Force photo

A Misawan pitches in to clean up the Misawa City Port during last year's cleanup event.

## Town hall meeting planned

Brig. Gen. Steve Wood, 35th Fighter Wing and Misawa Air Base installation commander, holds a town hall meeting at 6:30 p.m. April 11 in the Tohoku Enlisted Club's main ballroom.

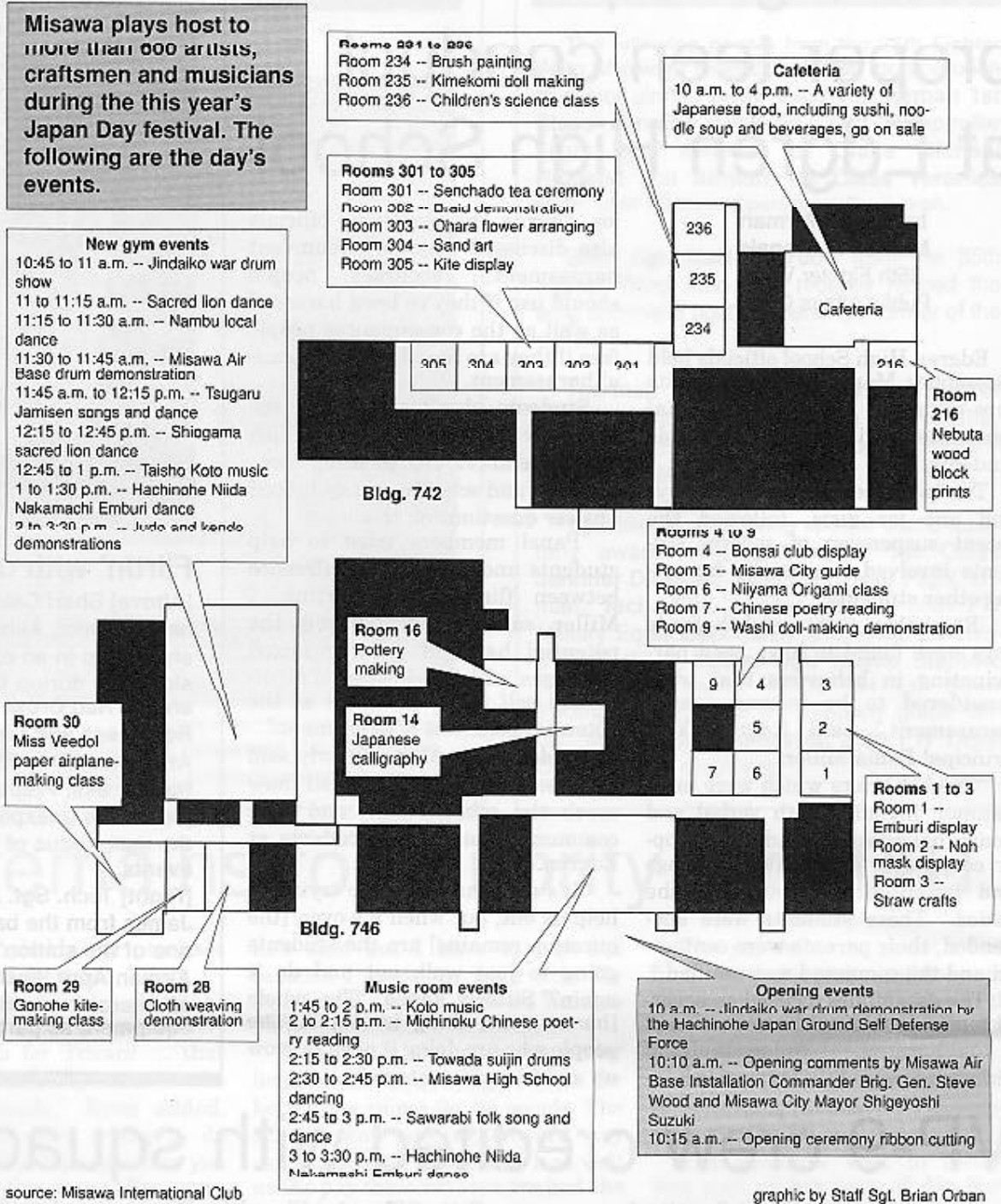
The event gives people at Misawa a chance to air issues and concerns on a variety of topics. Officials from various base agencies, including the Army and Air Force Exchange Service, Commissary, 35th Services Squadron, Hospital, base schools and the 35th Civil Engineer Squadron's Housing Office, will attend the meeting to address these issues.

Misawa's American Forces Network also airs the event live on Muscle Radio AM 1570.

## Project Cheer meets

Misawa's Project Cheer organization for single and unaccompanied military members and U.S. civilian employees meets at 10 a.m. April 7 in the Family Support Center's relocation conference room at the Misawa Inn. For more information, call Airman 1st Class Micah Clark at 226-3230.

## Japan Day schedule of events



## Japan Day set for Saturday

Event gives Misawans chance to sample Japanese culture

People at Misawa have a chance to experience the unique aspects of Japanese culture as West meets East during the base's annual Japan Day celebration, which runs from 10 a.m. to 4 p.m. Saturday at Edgren High School.

The yearly celebration gives people here a chance to appreciate the long history of the Japanese culture, which people have passed down for centuries, according to Capt. Ashley Heineman, the event's project officer.

During the day, more than 600 Japanese artisans and craftsmen from across Japan will demonstrate a variety of traditional Japanese music, dances, martial arts and folk craft. Vendors will also sell Japanese food.

"The demonstrations offer a broad spectrum of art, music

"True friendship always develops through understanding, and Japan Day is a great way to light that spark of understanding, the captain said. "This is a chance for the base community to establish a great rapport with our off-base friends."

— Capt. Ashley Heineman

and sports that is a daily part of Japanese tradition and culture," Heineman said.

The Japan Day festival also gives the approximately 5,000 Misawans who attend each year a unique chance to partic-

ipate in many of the day's activities, according to the captain.

"True friendship always develops through understanding, and Japan Day is a great way to light that spark of understanding, the captain added. "This is a chance for the base community to establish a great rapport with our off-base friends."

"Japan Day is truly a special event," he added. "Don't leave Misawa saying, 'I wish I would have gone.'"

The Misawa International Club started the Japan Day celebration 13 years ago based on an idea from two Misawa City businessmen who wanted to give Americans stationed here a taste of the Japanese culture. Information courtesy of Misawa's Japan Day event coordinators.



# Election 2000

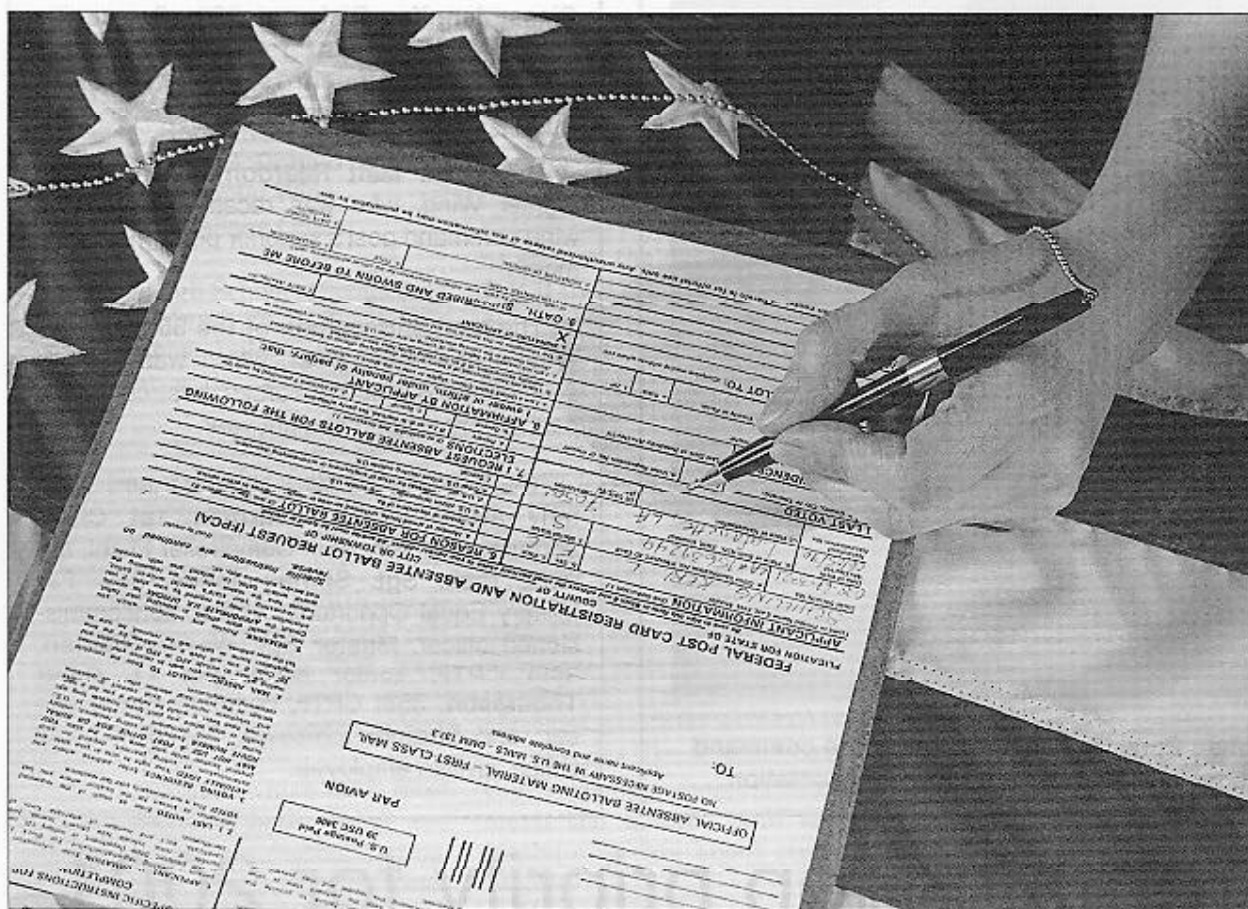


photo by Airman 1st Class Anne McCormick

With only several months remaining before November's general election, base voting officials are encouraging people at Misawa to register to vote in their respective state and to request absentee ballots.

by Staff Sgt. Brian Orban  
Northern Light editor

As state presidential primary elections continue with the nation's general election only months away, base officials are urging people to take time to register to vote and request absentee ballots.

During past elections, approximately 3,500 people at Misawa cast their vote using absentee ballots, according to Maj. William Bronson, installation voting officer.

Besides selecting the nation's next president, voters in November will decide on who will fill 33 seats in the Senate and 332 seats in the House of Representatives. They will also pick the governors in 13 states and U.S. territories.

It's important for people at places like Misawa to take time and vote, the major added. "The future is greatly affected by the people who win these elections, especially at the national level. The leaders we elect decide on issues ranging from taxes to our pay raises and how the military is run."

Although each state uses different "drop dead" dates for people to register for primary elections, people at Misawa must register to vote and request an absentee ballot at least 30 to 60 days before the

## Voting information -- who to call

With only a few months remaining before November's general election, base voting officials are asking people to take time now to register to vote in their home state and to request an absentee ballot. The following are some of the representatives available across the base to answer specific questions people may have about voting:

Installation voting officer -- Maj. William Bronson, 226-6188  
13th Fighter Squadron -- 2nd Lt. Eric Levesque, 226-1304  
14th FS -- Capt. Audrey Mathieu, 226-1402  
35th Operations Support Squadron -- Master Sgt. Michael Cassella, 226-4677  
610th Air Control Flight -- Airman 1st Class Zoe Diddier-Purdie, 226-9231  
35th Mission Support Squadron -- 2nd Lt. Edward Hudson, 226-3029; and Tech. Sgt. Catherine Battis, 226-9033  
35th Civil Engineer Squadron -- Tech. Sgt. John Battis, 226-3377; and Master Sgt. Richard Marsh, 226-2212  
35th Communications Squadron -- 2nd Lt. Matthew Davis, 226-4618  
35th Contracting Squadron -- Tech. Sgt. Jeffrey Martin, 226-2059; Staff Sgt. Curtis Hyman, 226-3496; and Staff Sgt. Marcus Mason, 226-3895  
35th Logistics Support Squadron -- 1st Lt. Timothy Voruz, 226-4284; and 1st Lt. Kimani Alston, 226-4118  
35th Transportation Squadron -- Master Sgt. Judy Whitehead, 226-2902; and Staff Sgt. Kent Cheshire, 226-2343  
35th Dental Squadron -- Staff Sgt. Lee Ales, 226-6301  
35th Aeromedical Medicine Squadron -- Master Sgt. Clifton Jackson, 226-6116  
35th Medical Support Squadron -- Master Sgt. Tracey Moore, 226-6090  
35th Medical Operations Squadron -- Senior Airman Felice Bjorkman, 226-6464  
301st Intelligence Squadron -- Staff Sgt. Thomas Martinez, 226-9441  
750th Military Intelligence Detachment -- Sgt. 1st Class John Seay, 226-4383  
3rd Space Surveillance Squadron -- Senior Airman Phillip Goodman, 226-0070; and Senior Airman Chuck Howard, 226-1072  
Army and Air Force Exchange Service -- Blossom Chang-Sims, 222-6070

general election.

The major said it's extremely easy to register to vote and to request an absentee ballot. "It only takes one to two minutes."

One of the major changes taking shape for upcoming elections is the introduction of on-line voting at military bases overseas, although it may take time for this option to reach places like Misawa, Bronson said. "The military is trying Internet voting with 350 volun-

teers, and there is a big movement to start it for everyone at all levels. However, several issues have to be resolved first, including security, setting up the necessary web sites as well as giving voters better access to computers."

To get the word out on voting, officials will set up registration booths at various base events, including the annual Japan Day festival Saturday at Edgren High School.

## F.Y.I.

With the November general election coming soon, people at Misawa are starting to file for absentee ballots. The following are some answers regarding voting by absentee ballot at overseas bases.

### Can people at Misawa vote by absentee ballot?

Generally, all U.S. citizens 18 years and older living at overseas bases like Misawa during an election period are eligible to vote by absentee ballot in any election for federal office. Also, all military members, U.S. civilian employees and eligible family members may vote absentee in state and local elections.

### How do I apply for an absentee ballot?

States and U.S. territories accept federal post card applications as either an application for a registration form or as an application for absentee ballot. You may also send a written request for a ballot to your county, city, town or parish clerk.

### I would like to vote but don't know how. Where can I turn for help?

At Misawa, your first stop is your unit's voting assistance representative. They have plenty of information to get you started as well as the forms you need to apply for an absentee ballot.

Information is also available on the Federal Voting Assistance Program site on the Internet at Other overseas citizens can request these materials by contacting the FVAP directly at [www.fvap.ncr.gov](http://www.fvap.ncr.gov).

### Do I have to be registered to vote absentee?

Registration requirements vary from state to state. Many states and territories allow citizens to register and request an absentee ballot by submitting a single federal post card application. However, other states may require you to submit two separate forms -- one to register and the second to request an absentee ballot. Check with your unit voting officer for the specifics on your state.

### Do I need to submit a separate application for each election?

In some states and territories, you must submit a separate federal post card application for each election. Many states and territories accept a single form for all ballots issued during an election year. When in doubt, send a separate application for each election.



**Misawa warrior of the week****Seaman Derek Sullivan**

**Unit and occupation:** Command briefier with Naval Security Group Activity Misawa

**Hometown:** Colrain, Mass.

**Time in the Navy:** Two years

**Time at Misawa:** One year, four months

**How does Seaman Derek Sullivan exemplify the Navy's core values?**

"Seaman Sullivan continually puts the needs of his work center and unit ahead of his own. His commitment, professionalism and briefing skills have ensured positive first impressions of the Misawa Cryptologic Operations Center for our distinguished visitors, thereby setting the tone for successful visits. A true team player and leader by example, Seaman Sullivan is an active participant in numerous NSGA and base activities. He is an outstanding representative of his unit, the Misawa Cryptologic Operations Center and the U.S. Navy."

-- 1st Lt. Janelle Moran,  
Misawa Cryptologic Operations Center  
executive officer

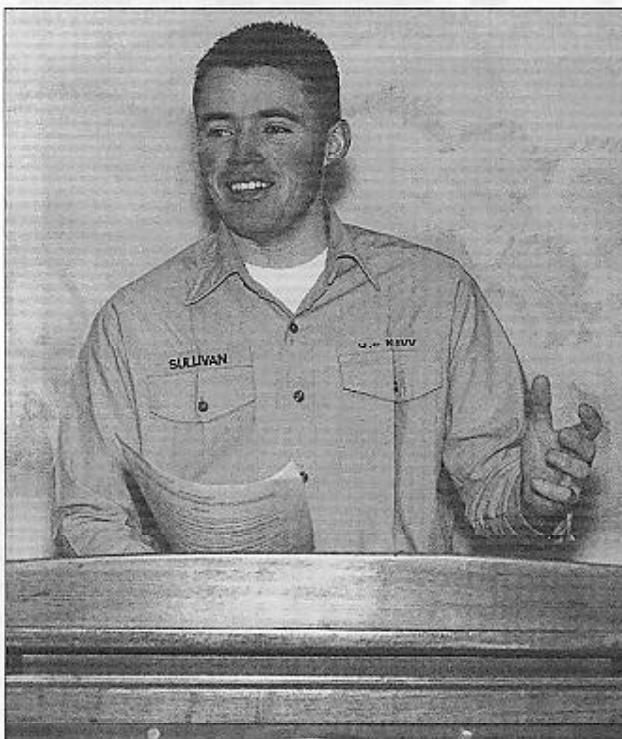


photo by Airman 1st Class Anne McCormick

Seaman Derek Sullivan rehearses the command mission briefing before a recent presentation.

**Misawa salutes ...**

The following people from the 35th Fighter Wing who were recently selected for promotion to senior airman below the zone: **Airman 1st Class Jennifer Dickson**, 35th Comptroller Flight; and **Airman 1st Class Michael Robison** and **Airman 1st Class Veronica Ruiz**, 35th Medical Operations Squadron.

**Staff Sgt. Matt Reardon** from the 35th Fighter Wing, who was recently named the wing command post's superior performer of the month.

The men and women of the 35th Fighter Wing's command post, which was recently selected as Pacific Air Forces' best command post for the second straight year.

The 35th Fighter Wing special staff's quarterly award winners: **Airman 1st Class Jennifer Dickson**, 35th Comptroller Flight, airman; **Tech. Sgt. Shirley Jones**, 35th FW Military Equal Opportunity Office, noncommissioned officer; **Master Sgt. Wayne Stanton**, 35th CPTF, senior NCO; **1st Lt. Scott Thompson**, 35th CPTF, company grade officer; and **Shoichi Ichisawa**, 35th FW Legal Office, civilian employee.

## Ryan: Tricare remains top priority for 2001

Continued from Page 1

ment system and its pay tables for service members last year, the Air Force and its sister services are making improved health care one of their top priorities in 2001.

The general said the military made a fairly smooth transition from its old medical care program to Tricare, but plenty of work remains

to ensure it upholds the promises it's supposed to provide.

"This year, we're going to Congress with some [proposals for] added benefits for Tricare ... that give us more flexibility in how we do Tricare payments," Ryan added. "For example, we're trying to do away with ... the nuisance fees you have to pay - the co-pay. You go in and say, 'My kid's sick and I know

he's sick' but I have to pay \$12 because I know my kid's sick. We think that's wrong, and we want to fix it."

Meanwhile, the military's senior leaders are continuing to fight for better pay raises for its people. The 4.1 percent across-the-board pay raise that took effect Jan. 1 as well as the pay table reforms are just the beginning, the general said.

The pay raises were not a "one-time shot" to make military pay comparable with similar jobs in the civilian sector, he added. "We need to continue these pay raises, and we're very dedicated and committed to continuing [to push for] these pay raises in the future."

The general's visit to Misawa was part of his tour of Air Force bases in the Pacific.

## Observance focuses on nutrition, healthy eating

Officials with the 35th Medical Group are focusing attention on healthy diets and eating habits during this year's National Nutrition Month observance, which begins here Saturday.

"Good nutrition is essential for optimal health, yet studies indicated that only 12 percent of Americans eat a diet consistent with the dietary guidelines established in 1995," said Tech. Sgt. Michael Foster, a nutritionist with the 35th MDG.

Because of their busy schedule, many people choose food based on convenience versus nutrition, Foster added. Also, many Americans skip meals and don't check to ensure they eat well-balanced meals during the day.

To maintain a healthy diet, the sergeant recommends people follow a plan that includes balance, moderation and variety of food choices. Balance and moderation are necessary to ensure people eat the right amount of carbohydrates, protein and fat. For variety in the diet, people should choose different foods from each of the five major food groups listed in the food guide pyramid.

"The human body needs more than 40 different nutrients for good health," Foster said. "No single food can supply all that you need. However, a diet with plenty of variety can pro-

'Good nutrition is essential for optimal health, yet studies indicated that only 12 percent of Americans eat a diet consistent with the dietary guidelines established in 1995.'

— Tech. Sgt. Michael Foster

vide all nutrients you need."

When planning a diet, people should choose most of their foods from the base of the pyramid, which contains grain products like bread, rice, pasta and cereal. Foster recommends people eat six to 11 servings from this food group each day.

Fruits and vegetables make up another important part of the diet, he added. People need two to four servings of fruit as well as three to five servings of vegetable per day.

People should also check to ensure they eat enough from the milk and meat and beans group - two to three servings from each group per day, according to Foster. These foods are rich in protein but often high in fat, so people should choose 1 percent milk or skim milk and yogurt; lean cuts

of beef, skinned chicken and fish; and cook dried beans without adding fat.

Although not an actual food group, the top of the food pyramid contains foods rich in fat, oil and sweets. For a healthy diet, people should eat foods from this group sparingly because they're full of empty calories with little nutritional value, the sergeant said.

"When evaluating your meals, look at your dinner plate," Foster said. "Does meat cover the majority of your plate? If so, it's time to review the food guide pyramid and plan your meals accordingly."

"The majority of your plate should contain rice, pasta, potatoes or bread accompanied by fruits and vegetables. Think of your meat as a side dish about the size of a deck of playing cards. Beans and legumes are an excellent source of protein, and you can substitute them for meat."

Meals should also pass the color test, according to Foster. "Does your dinner plate contain only brown and white foods, or does it contain a variety of colors such as green, yellow, red and orange? Choosing a variety of foods ensures nutritional adequacy, but also makes meals more interesting from day to day." *Information courtesy of the 35th Medical Group.*



**Today**

**Theater** -- "Wonder Boys" (R) Michael Douglas and Tobey Maguire, 7 and 9:30 p.m.

**Enlisted Club** -- The club serves snow crab legs at 5 p.m.

**Officers' Club** -- The club serves herbed baked flounder at 5 p.m.

**Youth Center** -- The Torch Club meets at 4 p.m. Family roller skating night runs from 7 to 10 p.m.

**Saturday**

**Theater** -- "Galaxy Quest" (PG) Tim Allen and Sigourney Weaver, 1 p.m. "Wonder Boys" (R), 7 and 9:30 p.m.

**Officers' Club** -- The club serves steak by the ounce at 5 p.m.

**Enlisted Club** -- An April Fools' Day giveaway runs from 7 to 9 p.m.

**Teen Center** -- An April Fools' Day five-kilometer race starts at 9 a.m. at Cummings Elementary School.

**Youth Center** -- The science club meets at 1 p.m. Tutoring is available from 2 to 4 p.m.

**Outdoor Recreation** -- An overnight snowshoeing trip leaves from Outdoor Recreation at 8 a.m.

**Sunday**

**Theater** -- "Galaxy Quest" (PG), 7 p.m.

**Enlisted Club** -- The club features its full dinner menu at 5 p.m.

**Monday**

**Theater** -- "Supernova" (PG-13) James Spader and Angela Bassett, 7 p.m.

**Family Support Center** -- An origami Japanese paper folding class starts at 10 a.m. A holiday hints starts at 10 a.m. A basic Microsoft Excel class begins at 5:30 p.m.

**Youth Center** -- The arts and crafts club makes stained glass Easter baskets at 4 p.m.

**Officers' Club** -- The club serves its pasta buffet at 11 a.m.

**Tuesday**

**Theater** -- "Supernova" (PG-13), 7 p.m.

**Family Support Center** -- The center's three-day transition assistance program begins at 8 a.m.

**Youth Center** -- A checkers tournament starts at 4 p.m.

**Officers' Club** -- The club serves its barbecue buffet at 11 a.m.

**Enlisted Club** -- The club closes for maintenance.

**Wednesday**

**Theater** -- "Love Stinks" (R) French Stewart and Bridgette Wilson, 7 p.m.

**Family Support Center** -- An Italian cooking class starts at 10 a.m.

**Officers' Club** -- The club serves its chicken buffet at 11 a.m.

**Thursday**

**Theater** -- "Love Stinks" (R), 7 p.m.

**Family Support Center** -- Basic Japanese survival classes start at 9 a.m. and 6 p.m.

**Youth Center** -- The stamping club makes embossed Easter cards at 4:30 p.m.

**Teen and youth events**

■ **School registration starts** -- Registration for grade school students returning to classes at any of the base's schools in the 2000 to 2001 school year runs from April 26 to 28 in the Sollars Elementary School multi-purpose room. Sollars also holds advanced registration for children attending kindergarten classes next year from 9 a.m. to noon April 24 to 25 in the school's multi-purpose room. Children must be at least five years old as of Oct. 31, 2000, to attend kindergarten classes at Sollars. For more information, call 226-2056.

**Entertainment**

■ **JROTC hosts talent show** -- Edgren High School's Junior Reserve Officer Training Corps unit hosts a talent show from 4 to 6 p.m. Saturday at the Mokuteki Community Center. The show highlights the talent of many of Edgren's students. The cost is \$2 per person or \$3 for couples. Family rates are available. Proceeds benefit the school's JROTC program. For more information, call 226-4330.

**Travel**

■ **FSC tours** -- The Family Support Center offers a variety of cultural tours in April. A trip to the Morioka Zoo for the families of deployed military members leaves the base at 7 a.m. April 11. A tour to Komaki Resort starts at 9 a.m. April 14. A train tour of Hachinohe City leaves at 9 a.m. April 15. For more information on these and other classes, call the center at 226-4735.

**Classes and education**

■ **ECI ends distance learning course** -- Air Force officials announced recently it will no longer allow senior noncommissioned officers to enroll in the Extension Course Institute's course 8 professional military education program after June 1. The change is part of the Air Force's move to eliminate the distance learning course. In October, the ECI will replace course 8 with its former Senior NCO Academy multimedia course. For more information, call Senior Master Sgt. Kenneth Cunningham at 226-3048.

■ **Term 4 registration** -- Registration for Term 4 classes at the University of Maryland and Central Texas College ends Monday. Military members have priority during the first three days of registration. Classes run from Monday to May 27, and schedules are posted at the college field representatives' offices. For more information, call the base education center at 226-4201.

■ **FSC classes** -- The Family Support Center holds a variety of classes in April. A Mexican cooking class starts at 10 a.m. April 10. A trip to the Morioka Zoo for the families of deployed military members leaves the base at 7 a.m. April 11. The center's millionaire mindset workshop begins at 8 a.m. April 12. A basic Microsoft Excel class starts at 5:30 p.m. April 17. Advanced Japanese survival classes start at 9 a.m. and 6 p.m. April 20. For more information, call the center at 226-4735.

■ **Family advocacy classes** -- The base's family advocacy office in Bldg. 1000 hosts a variety of self-improvement classes in April. Anger management classes run from 9 to 10 a.m. Tuesdays. Stress management classes run from 10 a.m. to noon Thursdays at the Health and Wellness Center. Baby playgroups for children up to 12 months old runs from 10 to 11 a.m. Wednesdays while playgroups for children of families where English is a second language meets from 10 to 11 a.m. Fridays. For details, call 226-2123.

**This 'n' that**

■ **AAFES stops kerosene service** -- Starting Saturday, the Army and Air Force Exchange Service no longer offers kerosene fuel for military members living off base, but it still offers propane fuel for these people. For more information, call 222-8471.

■ **Volunteer luncheon slated** -- Base officials host the annual volunteer recognition luncheon from 2 to 4 p.m. April 21 at the Mutsu Officers' Club. The event honors all base volunteers for the help they've loaned during the year. For more information, call Ellen Saccola-Smith at 226-4735.

■ **Local astronomers meet** -- Base and local area astronomers meet Saturday at the Ski Lodge for base's annual Messier Marathon. The event, which starts at dusk and continues until dawn Sunday, gives novice and experienced backyard astronomers a chance to spot many of the deep space objects in the nighttime sky. Telescopes and binoculars are available during the event, which begins with a potluck dinner. For more information, call Don McKenzie at 53-7810.

■ **FSC e-mail address** -- People who want to sign up for classes at the Family Support Center or need help with specific FSC-related issues may now e-mail the center at 35mee.fsc@misawa.af.mil.

■ **Cummings PTO hosts membership event** -- Cummings Elementary School's parent teacher organization hosts its membership bingo night at 6 p.m. Thursday at the school. Doors open at 5:30 p.m. The event is open to all families of students attending the school. The event features refreshments and prizes. For more information, call Deana Allen at 54-3329.

■ **Overeaters Anonymous meets** -- The base's Overeaters Anonymous support group meets from 7:30 to 8:30 p.m. Thursdays and again from 7 to 8:30 p.m. Sundays in Bldg. 69A next to the Misawa Artisans Thrift Shop. The group uses a 12-step program to help people deal with eating problems. For details, call the group's hotline at 226-3326.

■ **Home educators host curriculum fair** -- Misawa's home educators and Christian Home Education Support System groups hold their annual curriculum fair and open house from 10 a.m. to 2 p.m. April 8 in the Mokuteki Community Center ballroom. The event is open to people interested in home schooling their children. For more information, call Terre Zamzow at 222-8024.

■ **IM packages due** -- Award packages for the base's annual outstanding information manager competition are due Monday. Base agencies may nominate people for one of five award categories. For details, call Staff Sgt. Margo Miller at 226-2184 or Senior Airman Mindy Frost at 226-3028.

**Chapel****Catholic services**

**Daily Mass** -- noon Monday through Thursday

**Saturday Mass** -- 5 p.m.

**Sunday Masses** -- 9:30 a.m. and 12:30 p.m.

**CCD** -- 11 a.m. Sunday

**Protestant services**

All services are held Sunday unless noted

**Liturgical** -- 8 a.m.

**Sunday school** -- 9:30 a.m. and 12:30 p.m.

**General service** -- 11 a.m.

**Gospel service** -- 2 p.m.

**Contemporary worship service** -- 11:15 a.m., Security Hill Chapel

**Jewish Services**

From 7 to 9 p.m. first and third Friday every month

**Islamic services**

From 11:30 a.m. to 12:30 p.m. Fridays



## Time out

## Intramural volleyball

East Division	W	L
Misawa City	11	0
Daze	9	2
35th MXS	8	3
35th MSS	8	3
3rd SPSS B	6	4
35th SUPS	6	5
PMEL	6	6
AAFES	5	7
Baker	3	10
PSD	2	8
35th SFS B	0	8
35th CES B	forfeited	out of division

## Tuesday's game results

3rd SPSS B def. 35th SFS B 2-0 due to forfeit  
 PMEL def. Baker 2-0  
 35th MSS def. AAFES 2-0  
 Misawa City def. Daze 2-1

## Upcoming games (main gym)

**Today**  
 5:30 p.m. -- Baker vs. AAFES  
 6:30 p.m. -- 3rd SPSS B vs. 35th MXS  
**Tuesday**  
 5:30 p.m. -- 35th SUPS vs. 35th MSS  
 6:30 p.m. -- PSD vs. 3rd SPSS B  
 7:30 p.m. -- PMEL vs. Daze  
 8:30 p.m. -- Misawa City vs. 35th SFS B  
**Wednesday**  
 5:30 p.m. -- PMEL vs. 35th SFS B  
 6:30 p.m. -- AAFES vs. 35th CES B  
 7:30 p.m. -- 35th MXS vs. 35th SUPS

## West Division

Team	W	L
35th CES A	11	0
3rd SPSS A	9	2
NAF	8	3
Amie	7	3
35th CS	7	3
35th SFS A	3	6
14th FS	3	7
Amimo	3	8
35th CPTF	2	7
35th TRANS	2	8
Army	1	9

## Wednesday's game results

35th CES A def. Army 2-0  
 35th CS def. Amimo 2-0  
 14th FS def. Able 2-0

## Upcoming games (main gym)

**Today**  
 5:30 p.m. -- 35th CPTF vs. Army  
**Monday**  
 5:30 p.m. -- 14th FS vs. 35th CS  
 6:30 p.m. -- Amimo vs. 35th SFS A  
 7:30 p.m. -- 35th CPTF vs. 3rd SPSS A  
 8:30 p.m. -- NAF vs. 35th CES A  
**Wednesday**  
 5:30 p.m. -- 14th FS vs. Amimo  
 6:30 p.m. -- 35th CS vs. NAF  
 7:30 p.m. -- Able vs. 35th CPTF

## Women's Division

Team	W	L
Able	10	0
DoDDS	10	1
35th CES	9	3
Security Hill	8	3
35th SUPS	7	5
35th SVS	5	7
35th MSS	5	7
35th MOG	3	9
Edgren B	1	11
Edgren A	0	12

## Monday's game results

35th SVS def. Edgren B 2-0  
 35th CES def. Edgren A 2-0

## Tuesday's game results

35th SUPS def. 35th MSS 2-0  
 35th SUPS def. Edgren B 2-0

## Wednesday's game results

35th MSS def. Edgren A 2-0  
 35th MOG def. 35th SVS 2-0  
 35th CES def. Security Hill 2-1

## Upcoming games (main gym)

**Monday**  
 5:30 p.m. -- Able vs. Security Hill  
**Tuesday**  
 5:30 p.m. -- 35th SVS vs. Able  
 6:30 p.m. -- 35th CES vs. DoDDS  
 7:30 p.m. -- 35th MSS vs. Security Hill  
 8:30 p.m. -- 35th SUPS vs. 35th MOG  
**Wednesday**  
 5:30 p.m. -- Edgren B vs. Edgren A  
 6:30 p.m. -- 35th MOG vs. 35th CES  
 7:30 p.m. -- DoDDS vs. 35th SVS  
 8:30 p.m. -- 35th SUPS vs. Able

## Youth volleyball

Team	W	L
Dragons	8	1
Mystic Knights	6	2
Blizzards	4	4
Outlaws	3	5
Comets	3	5
Eagles	1	7

## March 23 game results

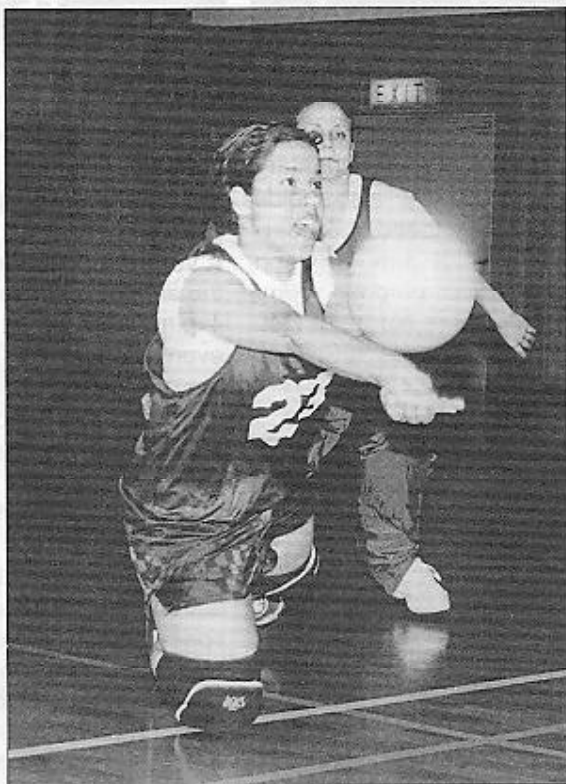
Dragons def. Blizzards 10-15, 15-10, 15-8  
 Comets def. Eagles 11-15, 15-2, 15-9

## Saturday's game results

Blizzards def. Strikers 15-5, 15-9  
 Dragons def. Eagles 2-15, 15-5, 16-14  
 Mystic Knights def. Comets 15-11, 14-16, 16-14

## Upcoming games

**Saturday**  
 10 a.m. -- Eagles vs. Strikers  
 11 a.m. -- Mystic Knights vs. Blizzards  
 Noon -- Comets vs. Dragons



photos by Staff Sgt.  
Thomas Fischer

## Going for the dig

[Far left] Kathy Velez from Edgren High School's B team comes up with the dig during action against the 35th Services Squadron during Women's Division action Monday at the Potter Fitness Center. Services improved its regular season record to 5-5 after they crushed the Edgren ladies in two games.

[Left] Services' Angela Larson sets up the ball as part of the team's successful offensive campaign. Larson picked up several key plays in the back court while Crystal Dias made several critical plays at the net to lead the Services ladies on defense.

## Air Force claims Japan soccer title

*This column is compiled from information supplied by varsity, intramural, high school and youth sports coaches and team publicists. For more information on how to submit game results, call the Northern Light office at 226-3814.*

## Varsity soccer

## Air Force 7, Navy 0

In their final meeting of the season, Misawa's Air Force varsity soccer team dominated the field to shut down their Navy counterparts 7-0 during Nango indoor soccer league action March 24.

The victory marked the first time an American team won a Japanese indoor league title, according to Air Force coach Irvin Nufio.

"The game itself went as planned - to demonstrate the strength of the base team and to have some fun," Nufio added.

Daemon Quick put the Air Force on the board after he kicked in the team's first goal eight minutes into the opening half. Teammates Alex Montville, Neil Ghanan and Alex Serna followed suit over the next several minutes to give the Air Force a 4-0 lead at halftime.

Air Force's Lynval McKenzie and Chris Collier used several key kicks while sweeper Heath Jennings and goalie Nate Gurwell reinforced the team's defensive strength in the opening minutes of the second half.

"The defense only allowed one shot [against the Air Force], and that went wide left," Nufio said. "They played like a brick wall."

Alex Alvarez put away the team's fifth goal at the 28-minute mark. Nufio assisted Serna to set up the team's remaining goals 30 and 35 minutes into the half.

"It was a great game with a lot of good team spirit and sportsmanship from both teams," said Navy coach Robert Brumfield.

Nufio also credited Air Force's Darren Verbeek, Jaime Acevedo, Richard LaRue and Dan Overton for other key plays during the game.

## Intramural volleyball

## NAF 2, 35th TRANS 1

The Sailors of Naval Air Facility Misawa continued their winning ways after they edged the 35th Transportation Squadron during West Division action March 22. NAF raced to an easy 25-11 win during the first game only to lose to Transportation 22-25 in the second game. Regrouping their defense, the Sailors put away the deciding game 15-13.

"It was a very close and very well played game by both teams, and great sportsmanship was apparent in both teams as well," said NAF coach Robert Brumfield.

## NAF 2, Army 0

Naval Air Facility Misawa pounded the court with its stinging offensive firepower to overthrow the soldier of the 750th Military Intelligence Detachment in two games in West Division play March 24. The win allowed the Navy to improve its regular season record to 8-2 and carried the team higher in the division hierarchy, according to NAF coach Robert Brumfield.

## Other sports news

## Billiards team seeks recruits

The Misawa Billiards Association is looking for players interested in joining its team. The group's eight regular players meet nightly at the Mokuteki Community Center to practice their skills to prepare for the various tournaments the team competes in.

"We tried to establish a billiards club at Misawa one year ago, but the response was poor," said association spokesman Glen Chavez. "The Mokuteki even tried to hold tournaments twice a month (which are still going on), but the attendance is still low."

However, the word is getting around the base about the team's success at various tournaments around Aomori Prefecture and at pool halls well south of the base, according to Chavez.

It costs between 1,500 to 4,500 yen, plus annual dues, to enter these events. However, the payoffs are worth it, according to Chavez. People can win between 5,000 to 50,000 yen for placing in or winning these tournaments.

The team has posted several wins over the past several months. Carlos Santos and Hans Russell each won 20,000 yen after they won separate tournaments last year. Chavez won a 15,000-yen purse after he finished third overall at an event several months ago. Last month, Russell finished second overall while Santos took third-place honors during another tournament to win 10,000 and 5,000 yen prizes respectively.

"Club owners are taking a more serious look at us now that we are winning more and more tournaments," Chavez said.

The association is open to people of all experience levels, and the group meets at 7 p.m. nightly at the Mokuteki. For more information, call Chavez at 53-8648 after 8:30 p.m. daily or e-mail the association at nineball@heronet.ne.jp.